

Community Psychiatric Support and Treatment (CPST) for Adults in the Community is a multicomponent, team-based service for adults. CPST consists of assessment, counseling, therapeutic interventions, care coordination and crisis and functional supports, all delivered with a recovery orientation and through a trauma-informed lens.

CPST (Community) will be a primary replacement service for Mental Health Skill Building Services (MHSS). In 2024, MHSS was billed by 578 unique National Provider Identifiers (NPIs). About 16,750 adults are currently served annually in MHSS (16,688 served in SFY 2025). On a monthly basis, there are around 8,000 members served (average monthly count = 7,954).

Prior analysis (linked here: [Cardinal Care](#)) indicated variation in number served by agency statewide, with some providers serving over 100 adults per year and many serving less than 20 adults per year.

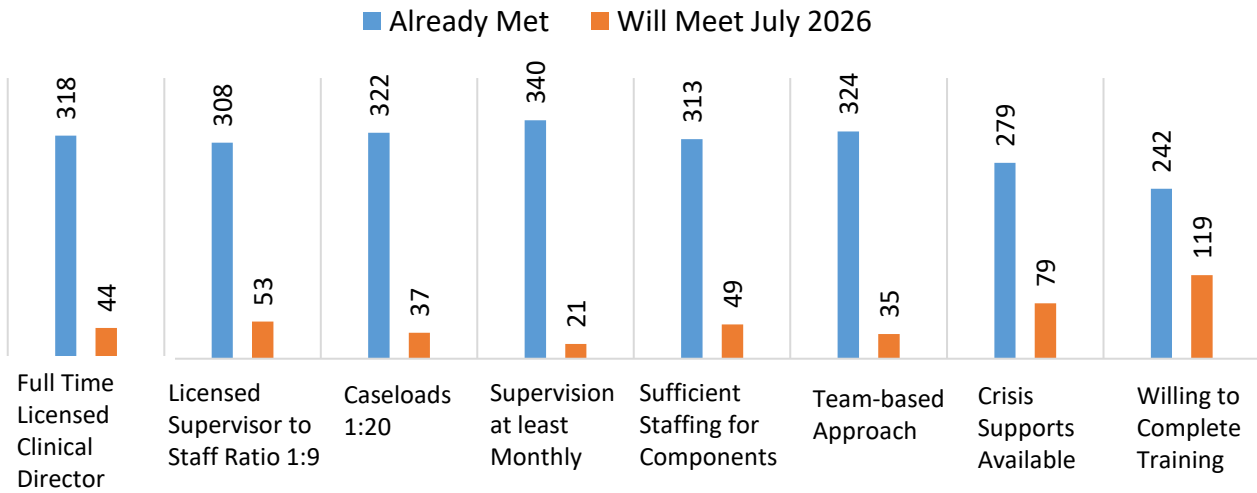
Providers of Mental Health Skill Building Services			
Size of Provider	# Billing NPIs	Members Served 2024	% of Members Served
<8 served	154	538	3.0%
8-19 served	153	1939	10.8%
20-49 served	168	5546	31.0%
50+ served	95	9879	55.2%

Private providers provide 98% of MHSS services statewide, and Community Services Boards (CSBs) provide a small portion. However, there is significant regional variation with CSBs providing half of the MHSS in the Southwest Region.

Region	2023			2024			2025		
	CSB	% CSB	Other Providers	CSB	% CSB	Other Providers	CSB	CSB %	Other Providers
Central Region	\$1,220,076	1%	\$83,417,864	\$1,190,623	1%	\$85,960,274	\$1,078,485	1%	\$77,695,393
Charlottesville Western Region	\$703,503	3%	\$27,371,303	\$767,474	3%	\$22,288,496	\$803,011	4%	\$18,881,633
Northern & Winchester Region	\$271,329	5%	\$4,765,125	\$336,794	8%	\$4,141,339	\$237,010	7%	\$3,194,308
Roanoke/Alleghany Region	\$653,766	2%	\$29,955,506	\$576,879	2%	\$29,608,775	\$486,921	2%	\$24,009,715
Southwest Region	\$582,381	63%	\$339,828	\$552,306	41%	\$783,878	\$560,508	51%	\$548,630
Tidewater Region	\$1,239,594	3%	\$43,873,364	\$1,043,416	2%	\$45,484,692	\$854,706	2%	\$42,409,629
Out of State		0%	\$10,832		0%	\$13,260			

Providers planning to seek licensure as a CPST-Adult provider through DBHDS were asked to complete a Letter of Intent in November, 2025 and were asked specific questions about key elements of the CPST service requirements. A total of 381 providers completed letters stating interest and intent to provide CPST-Adult in the Community.

## READINESS ITEMS CPST (ADULT)-COMMUNITY



### How do we define "Ready?"

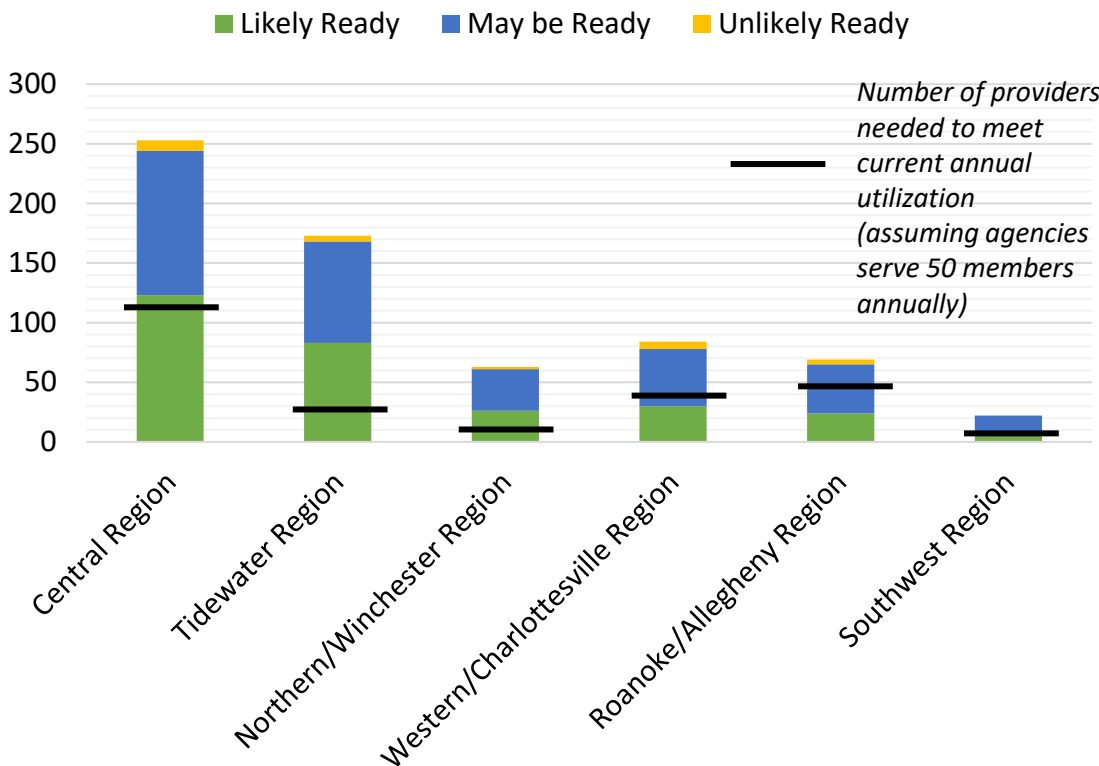
Providers answered 8 items regarding core CPST requirements and supplied information about their planned office location. Items included having a full time, independently licensed clinical director, supervisor to staff ratio below 1:9, caseloads for direct care staff less than 20 and sufficient non-licensed staff to provide all components, supervision at least monthly, using a team-based approach, having crisis support available, and willingness to complete statewide training. Providers could select that they already met the criteria, will meet it by July, 2026, or will need more time to meet the criteria. DMAS staff reviewed their answers and categorized providers. All providers categorized as "Ready" had a full time licensed clinical director, an office location, and at least 7 total criteria met. Providers categorized as "May Be Ready" had more than 4 criteria met but could be missing a licensed clinical director or location. Providers categorized as "Unlikely to be Ready" were meeting less than 4 criteria.

Level of Readiness for July 1, 2026	Count of Providers with Completed Letters of Intent	Percentage of Total
Ready	180	47.2%
May be Ready	175	45.9%
Unlikely to be Ready	26	6.8%
<b>Grand Total</b>	<b>381</b>	<b>100%</b>

Readiness categories were then analyzed based on the counties that providers listed as where they would provide CPST Adult-Community. Total interested providers across regions sum to greater than 381 (total number of interested providers) because some providers plan to provide services in multiple regions. Because of variation in size of providers, it is difficult to estimate how many providers are needed per region to meet current demand. Numbers in the table below ("Providers Needed") is based on a flat rate of 50 members served per provider per year.

Readiness	Central	Tidewater	Northern	Charlottesville	Roanoke	Southwest
<b>Providers Needed</b>	<b>152</b>	<b>80</b>	<b>10</b>	<b>38</b>	<b>47</b>	<b>3</b>
Unlikely to be Ready	9	5	2	6	4	0
May be Ready July 2026	121	85	35	48	41	14
<b>Likely to be Ready July 2026</b>	<b>123</b>	<b>83</b>	<b>26</b>	<b>30</b>	<b>24</b>	<b>8</b>
<b>Grand Total (Interested)</b>	<b>253</b>	<b>173</b>	<b>63</b>	<b>84</b>	<b>69</b>	<b>22</b>

## Readiness Level of Providers by Region



In three regions (Tidewater, Northern, and Southwest), interested providers assessed to be Likely Ready by July 2026 exceeds number of providers needed to meet current utilization. In Central Region, 14% of providers who May be Ready by July 2026 would need to become ready. In Charlottesville Region, 17% of providers who May be Ready by July 2026 would need to become ready. In Roanoke Region, 56% of providers who May be Ready by July 2026 would need to become ready. Alternately, providers in those regions would need to serve more than 50 members annually.

